



Wed 10 March is No Smoking Day

Smoking can affect health in many ways – for example, there's an increased risk of heart or lung disease, complications following surgery or during pregnancy.

Get help from your GP or:

Yorkshire Stop Smoking Service

0845 877 0025

NHS Smoking Helpline

0800 169 0169

NHS Pregnancy Smoking Line

0800 169 9169

www.nhs.uk/smokefree

Oasis

Stuck in a rut? Want to move forward in life but can't seem to get started?

You may have lost your social networks due to caring responsibilities, illness, relocation or bereavement.

Enjoy workshops, demos and presentations. Take advantage of links to local support services or just chat with new friends over a cup of tea
£1.50 drop-in charge covers raffle and refreshments.

Oasis is run by women for women.

Oasis meets every Thursday

10.00 am – 12.30 pm

Quaker Meeting Room

Newmarket Street, Skipton

Tel: Bridget 01729 822088 (after 2 pm)

or Debbie 07966 105540



Carer support in the Craven area

Carer Support Officer Sue Clements is available to meet with carers at **Settle Health Centre**

Every Monday 2.00 – 4.30 pm

or phone on **01729 822205** between these times.

She is also at **Bentham Surgery**

Every Wednesday 10.00 am – 12.00 noon

Tel: 01524 261202

Please phone before attending to check that the session is running and to book an appointment.

SCAD Boat Trips 2010

SCAD's Endeavour

Leeds-Liverpool Canal

Full day trip: 10.30 am - 3.30 pm

£10.00 per person, incl. morning coffee, buffet lunch and afternoon tea.

"Split" trips: **mornings** 10.30 am - 12.45 pm or
afternoons 1.15 pm - 3.30 pm

£5.00 per person, including morning coffee/croissants (am) or afternoon tea (pm)

Timetable for 2010

Tuesday	20 April	(Full day)
** Thursday	6 May	(Split trip – am or pm)
Wednesday	16 June	(Full day – carers only)
Friday	9 July	(Full day)
Tuesday	3 Aug	(Full day – carers only)
Wednesday	1 Sept	(Split trip – am or pm)

** please note the date given for this trip in the **Out to Lunch** flyer is incorrect

Please ring **01756 700888** as soon as possible to book.



Do you look after someone?

Join our free group sessions.

Caring With Confidence

can help you with your caring role and give you the opportunity to share experiences and learn from others in similar situations.

Sessions planned across Craven district.

Further information from Clare Hardman or Anne Abbott at Carers' Resource on

01423 500555 or cwc@carersresource.org

DEB

Disability Equipment Bradford

Help and independent advice.

All ages and abilities welcome.

Monday 15 March

Equipment to help with Parkinson's

Wednesday 31 March

Comfortable shoes and footwear

Open Days 10.00 am – 3.00 pm

Thurs 8 April, Tues 27 April, Mon 10

May, Wed 26 May, Thurs 10 June

Mobility scooter Sessions

10.00 am – 2.00 pm

Last Thursday of every month

DEB, 103 Dockfield Road

Shipley, BD17 7AR

Call 01274 589162 for further details